

Summer Fruits for Winter Use

Preserve in Summer So That Health May Be Preserved During the Winter

By Betty Barelay

"Try a dish of home-made peaches. Alice... Mother put them up herself."

Such an invitation was quite common years ago, but rather rare today. Far too rare, as a matter of fact to please thousands of Altheas and hundreds of thousands of Henrys and Freds, with a "sweet tooth" just as highly developed as was the sweet tooth of a decade ago.

The old-fashioned pound for pound preserves were almost invariably looked upon as a dessert. Few, if any, realized that they were much more. As a matter of fact, a well-sweetened preserve, conserve, jam or jelly, is a jar or glass of winter fuel, stored away for the use of our body engines during cold weather.

Realizing also that the fruit or berries are containers of valuable minerals, salts and vitamins, it is easy to appreciate the fact that a well-stocked preserve closet is a combination of a medicine chest, fuel storehouse and dessert closet.

We cannot all own fur coats for winter use, but we can apply internal body heat quickly through the medium of sugar, candy, sweetened preserves and such foods. Internal heat is much better than outside protection from cold as given by the fur coat and woolen sweater. Without internal heat, the coldest fur may leave us shivering. With sufficient internal heat, it may not be necessary.

So purchase summer fruits and berries when they are fully ripened and obtained at moderate cost, and can, preserve, or pickle them in sugar, as you see fit. When winter comes you will have on hand sufficient fuel to carry you over until the balmy breezes of Spring arrive.

Of course you may purchase much of the jam and jelly you use, but with a home-preserved supply on hand, you will eat it more often, and be prepared to always appreciate the peaches, plums, or berries that mother cans herself.

The pound for pound recipe does not seem to be quite as common today as it once was, but the three parts sugar to four parts fruit recipe has taken its place with a vengeance. Here are a few easily-followed recipes which you may use between now and late fall:

Plum Conserve
Wash and skin 5 pounds of blue Damsen plums. Cut in small pieces and add 2 cups crushed pineapple. Measure, and add three-fourths of the quantity of sugar. Cook slowly until it is a thick clear jam. Add juice 1 lemon and 1/2 pound blanched almond meats. Cook five minutes longer. Seal.

Pear Preserve Ohio
Make a liberal supply of rich syrup, using three-fourths cup of sugar to each cup of water—bring to a boil, then reduce heat and boil for five minutes. Drop into it the pears, which have been pared and quartered, and a few pieces of stick cinnamon. Bring to a boil, then reduce heat and allow to cook gently for from two to three hours, or until a dark, rich, red color. Then can and seal.

Blueberry Delight
Pick over, wash, and stem the berries. Add three pounds sugar to each four pounds of berries and heat gently until the sugar dissolves and the juice is drawn from the berries. Cook rapidly until berries are plump and the syrup thick. Pack carefully in clean, hot jars and seal. Watch for leakage.

AUGUST PRESERVING
By Betty Barelay
It is unwise to advise women in all parts of the country to preserve or pickle this and that at any certain time. Peaches may be a thing of the past in the south when they are in their glory in the north, while other fruits that are ripening in one section may not be due in another for several weeks. The following recipes, however, call for ingredients that may be procured almost anywhere during the month of August. Then too, they contain liberal amounts of sugar—an energy food and a winter fuel that must be consumed if perfect health is to be retained. Try them and see how delicious they are!

CHERRY PRESERVES
For each two pounds of sour cherries, weighed after stones have been removed, use a pound and a half of sugar. Add sugar to stoned cherries and bring quickly to a boil. Cook rapidly until fruit is clear, skimming whenever necessary. Pour immediately into clean hot jars and seal.

GRAPE PRESERVES
For each pound of Concord grapes use one half-cup water. Wash and skin the grapes—seedling also if you can spare the time. Use sugar equal to one-half the weight of prepared fruit. Boil sugar and water ten minutes. Add the fruit, and cook until grapes are clear and the syrup thick. Then pour into hot, clean jars and seal.

WINTER FUEL RECIPES
By Betty Barelay
We have furnished in our bodies, just as we have furnished in our homes—and they need fuel, particularly during cold weather. Sugar is quick-energy fuel, whether it comes in the form of sugar, candy, sweetened fruit drinks, jam, jelly or preserves. So why not take a tip from the notebook of grand-mother, and see how the shelves of the old preserve closet are filled this coming winter? Here is a collection of real "fuel" recipes for your immediate use:

CARROT MARMALADE
12 raw carrots
4 cups sugar

1 teaspoon ground cloves
1 teaspoon ground cinnamon
1 teaspoon ground allspice
Grate carrots, add sugar and let stand one hour. Add lemon juice and spices. Cook slowly for one hour. Turn into sterilized jars and seal when cold.

OLD SOG PRESERVES
(Cooked in the Sun)
Try this recipe for your raspberries, currants or similar small fruits. Wash, drain, pick over, stem and weigh carefully. Allow one cup water and one pound sugar for each pound fruit. Add water to sugar and cook until syrup spins a thread. Remove from fire, add fruit and let stand overnight. In the morning, remove fruit from syrup with a skimmer and place on platters or other flat dishes. Cook syrup again until it threads, pour over the berries, cover or platter with cheesecloth and glass and place in the direct sunlight for three or four days, or until syrup is thick and jelly-like. Then pack in jars and seal.

SEEDLESS BLACKBERRY JAM
The seeds of blackberries are very objectionable to many, so it is well to get rid of them. Wash berries, cook in their own juice until thoroughly heated then remove seeds by pressing through a fine sieve. Measure pulp and liquid and allow one cup sugar for each pint. Add sugar to pulp and cook rapidly until thick, stirring frequently. Pack in clean, hot jars and seal.

FRENCH HOTEL DISHES
Would you care to try a recipe by which you may compose one of those delightful surprises so often placed before you in hotel or club rufed by some famous rench chef? And do you know the secret, or one of the secrets of French cooking? The answer to the latter question is "sugar"—a little added to cooking vegetables to intensify the flavor. As for the first question, here are two recipes:

Spinach Hainault
Clean the spinach well and cook for ten minutes in as little water as possible; usually enough will cling to the leaves after they have been washed. Then chop fine and drain well. Fry three or four very thin slices of bacon, cut in small pieces and add to the spinach. To the fat in the pan add one tablespoon flour, one tablespoon sugar, one-quarter teaspoon mustard, one-quarter cup vinegar, and one and a quarter cups water. Cook until thick and pour over a quart of cooked spinach. Stir lightly and serve.

Scalloped Corn with Green Peppers
Mix two cups of cooked corn with one finely chopped green pepper. Blend and bring out the flavors, add one-teaspoon of sugar. Make a sauce of two-tablespoons of fat, two-tablespoons flour, and one cup milk. Stir in one egg. Mix all the ingredients together, salt to taste, and place in baking dish. Sprinkle lightly with cracker crumbs and bake in hot-oven for fifteen minutes.

ONION DELICACIES
Onions are in season, onions are inexpensive, and onions are very healthful. When eaten raw they are rich in one of our important vitamins—and unlike many vegetables, they retain much of their vitamin content when cooked. Use them frequently. A small amount of sugar added while cooking will help to bring out their delicate flavor.

MENU FOR BRIDGE LUNCHEON
Now that Fall has come and bridge clubs are being reorganized, hostesses are again facing the problem of what refreshments to serve. I attended a party the other day that was so attractive that I want to tell you about it.
For luncheon the hostess had a fruit salad, cheese straws, coffee, a frozen dessert and colored mints. It was not so much the menu though as the way it was served that made the favorable impression on all of us.

The salad was served in little wagons. The hostess had taken a toothpick and placed a round cracker on each end, thus making a set of wheels on an axle. Then she put a raisin on each end of the toothpick for a hub. On two of these axles she placed a thin strip of lettuce and on this she put a leaf of lettuce containing the salad. Of course everyone was impressed by the novelty of it.

Another thing that attracted attention and provoked comment was the coffee. It was delicious and everyone accepted a second cup. Coffee is a most appropriate beverage to serve at a bridge luncheon. Almost everyone likes it and most of us find it beneficially stimulating. It sharpens our faculties and warms the cookies of our hearts without letting us down below normal later.

But coffee, to be fully appreciated, should be properly prepared. This hostess explained that she had made hers by the drip method which avoids the cooking that so often comes from boiling coffee. She poured the coffee through the grounds but once.

Coffee should be freshly roasted, freshly ground and served right after it is made. The grind should be fine so that all the particles of the bean are broken up to release their delightful contents. Coffee that is not ground fine is not fully utilized. The boiling of coffee extracts undesirable elements from the bean and gives the beverage a bitter & rankish lemon.

SOME PICKLING RECIPES

By Betty Barelay

The word "pickles" covers a multitude of skins—and skins and juices and sweeteners too. Pickles may be sweet or sour; they may be whole or halves; they may be served under the name of Indian relish, catsup, chili, chow-chow, or piccalilli; they may consist of cucumbers, onions, citrons, currants, pears, plums, walnuts or watermelon rind. In all truth the word "pickles" cover a multitude of skins.

Here are some recipes for sweet pickles—something that is needed to balance the pickle shelves of the preserve closet. The pickles are tasty bites. The sugar contained in the jar is a quick energy food and a good fuel for winter.

ORANGE SWEET PICKLE
4 oranges
2 cups sugar
1 1/3 cups vinegar
1 teaspoon whole cloves
1 teaspoon stick cinnamon

Peel oranges, removing all white membrane; cut into thick slices; steam until clear and tender. Boil sugar, vinegar and spices for 25 minutes. Add fruit and simmer slowly for one hour. Place in sterilized jars and seal.

PICKLED REDS
Pickled sweet red peppers make a delightful garnish for cold meats or salads. Wash and dry peppers thoroughly, then cut a slice from the stem end and remove seeds. Cut either in thin strips with scissors or into ribbons by working around and around the pepper with a sharp knife. Scald well then drop into ice water to crisp. Drain well. Make a syrup, using a proportion of one cup sugar to two cups vinegar. Put peppers into clean, hot jars, fill to overflowing with hot syrup and seal.

TORRANCE BRIEFS

Mr. and Mrs. Hans Hagedorn are building an addition and otherwise improving their home at the corner of Rose and Cypress streets.

Mrs. Linden Chandler of 360th street is suffering from a severe attack of ivy poisoning.

W. E. Shelhart of Eshelman avenue is building corrals preparatory to the operation of a chicken ranch.

Born, September 16, to Mr. and Mrs. Martin Swansen of Rose street, a son.

Mr. and Mrs. Bert Rolff of Poppy street are brightening their home with a new coat of paint.

Mr. and Mrs. Matt A. Kerber of Poppy street will return tonight from a four days trip to Sequoia.

Mrs. Charlotte Armstrong of Eshelman avenue who has been seriously ill for several months is reported greatly improved.

Mr. and Mrs. Clarence C. Locke of 431 Narbonne avenue left Monday on a two weeks auto trip, with no itinerary. They are on their way headed north.

Mr. and Mrs. M. L. Strait of Narbonne avenue spent Sunday with Mrs. C. Bryan of Gordon avenue.

Mr. and Mrs. J. W. Lyons of Eshelman spent Tuesday in Los Angeles.

A party that attended the ball game in Los Angeles Sunday included Mr. and Mrs. Howard Taylor, Mr. and Mrs. J. B. French and Mr. and Mrs. Jungbluth.

Miss Ruth Greenlund and Hugo F. Schmidt were guests Sunday of Mr. and Mrs. Erkel of Artesia.

M. A. Kerber and family, Mr. and Mrs. L. A. Wilson and son Bobby, Mrs. Brown and Ethel Brown spent the week-end at the Wilson cottage at Lake Elsinore.

Mrs. W. J. Myatt of Poppy street visited Los Angeles friends Monday.

Mr. and Mrs. James Beckham of Carlsbad spent from Wednesday until Sunday with relatives here.

Mr. and Mrs. Stanley Stanton of Bell were Lomita visitors Saturday.

Mr. and Mrs. Frank Lash of Weston street entertained a week-end party at their ranch near Carlsbad. Their guests were Mr. and Mrs. Roy Townsend and family, Mr. and Mrs. E. W. Isenhower and Mr. and Mrs. Otis Pedersen.

Charles Root of Kansas is a guest of his sister Mrs. N. I. Beckham of Moon street.

Guests of Mr. and Mrs. Paul Edwards at dinner Sunday were Mr. and Mrs. Everett Johnson, Mr. and Mrs. Merle Johnson, Stanley Apple, Stanley Rosenkrantz, Luther Rogers and his father A. C. Rogers.

Mr. Arthur Johnson of Miller street left Monday for a visit at the home of Mr. Johnson's sister in Berkeley.

W. A. Stiffenson and family of Riverside were week-end visitors at the home of Misses Helma and Ruth Greenlund of Allene street.

John Stanton is enjoying two weeks vacation from his duties at the Lomita bank.

Mrs. Grace Tibble of San Pedro spent last week with Mr. and Mrs. J. W. Lyons of Eshelman avenue.

Mr. and Mrs. Oscar Jungbluth of Woodard street and Mr. and Mrs. J. B. French of Star street attended a birthday party given in San Pedro Sunday evening in honor of Mrs. Sigis Krebs.

Mr. and Mrs. Oscar Jungbluth of Woodard street and Mr. and Mrs. J. B. French of Star street attended a birthday party given in San Pedro Sunday evening in honor of Mrs. Sigis Krebs.

"There's Life In The Old House Yet!"

YOU

---And The Members Of Your Family And Friends Are Cordially Invited To Witness---

A TOUCH of MAGIC on ARLINGTON AVENUE

At 2023 Arlington avenue is a home, built in the early days of Torrance. It was formerly occupied by Mr. and Mrs. James M. Fitzhugh and family.

This home has been purchased by the six firms whose names appear at the bottom of this page. It has been purchased with one idea in mind—to demonstrate to you what magic can be accomplished in the way of modernizing an old home.

Right now our workmen are busy making this house look like new. Outside and inside it will be reconditioned. From roof to foundation it is being modernized.

When our workmen have completed their various tasks, the house at 2023 Arlington will be as good as new.

Inspect this dwelling now. Visit it frequently during the various stages of reconditioning. And finally, see it when the modernizing process has been completely accomplished.

The skilled service which is transforming this home is available to you in whole or in part.

You will be astonished at the low cost of complete reconditioning. And we know that you will find our easy payment plan of financing most satisfactory, providing you wish to avail yourself of its advantages.

Inspect It Today

Watch The Progress

"BILL" "MILT"
Scott & Wood

TILE & COMPOSITION

PHONE 73-W

1625 CABRILLO AVE.

Torrance Electric Shop

B. J. SCOTT

PHONE 567

1419 MARCELINA AVE.

Torrance Plumbing Co.

F. L. PARKS

PHONE 60-W

1418 MARCELINA AVE.

Southwest Materials Co.

Hardwood Floors

L. J. (BERT) ACREE

Linoleum

PHONE 71

1420 MARCELINA AVE.

Torrance Wallpaper & Paint Co.

E. N. TOMKINS

PHONE 71

1420 MARCELINA AVE.

Torrance Mutual Building & Loan Assn.

MARCELINA AVE. AT SASTORI

PHONE 243